

Live Like Your Life Depends On It.



“Who said life
shouldn't be a
walk in the park?”

WWW.LIFEDEPENDSONIT.COM



Move More:

If you are not already physically active, start small and work up to 30-60 minutes of moderate physical activity most days of the week.

You can increase activity in your daily routine by walking the stairs, parking farther away and doing yard work and household chores.

Visit www.dhss.mo.gov/ChronicDisease/Campaign.html for more information on how to be more physically active.

It's good for both the mind and body.

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